

# ANN LANDERS



## A New Life Awaits You

Dear Ann Landers: I just read the letter from the 21-year-old girl who is 50 pounds overweight, has never had a date in her life, refuses to go to any more doctors, has no willpower, eats herself sick, cries herself to sleep, and hates you because you are so mean to fat people.

Your answer was great. But why didn't you tell her about TOPS (Take Off Pounds Sensibly)?

TOPS is an international club for overweight people. We have no magic formula. We promise no miracles. We meet regularly, discuss our problems and have weekly weigh-ins. The member who has lost the most weight wins a prize. The member who has gained the most also wins a prize—a plastic pig.

Here is our pledge: "I am an intelligent person. I will control my emotions, not let my emotions control me. Every time I am tempted to satisfy my frustrated desires, build up my injured ego or dull my senses, I will remember that even though I overeat in private my excess poundage is there for all the world to see. What a fool I have been."

—FORMER FATTY

Dear F: I know of your organization and am impressed because you do not approve of crash diets and other nonsense. So—look in the Yellow Page, all you fatties out there. A new life is awaiting for you—if you want it.

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Dear Ann Landers: I'm a man, 43, unmarried—and I like it this way. I've read that sleep is important so I try to get at least seven hours every night, but I can't sleep.

This morning, after eight hours in bed, I am exhausted. Several people have asked if I was out all night. I look terrible and I feel lousy. Do dreams rob a person of rest? I dream a lot and my dreams are always full of action. Is this why I'm tired so much of the time?—MR. BLAH

Dear Mr.: If you are dreaming you are sleeping. Most insomniacs sleep more than they realize. When did you last get a physical checkup? Maybe you need a change of diet, more exercise, or a new mattress. Get going.

★ ★ ★

Dear Ann Landers: You drive me crazy. I hate you and I love you. Your column is like a narcotic. I am hopelessly hooked. There are times when you make me so furious, I swear I will never read another word you write. Then I find myself sneaking back the next day to see what you have to say.

I marvel at your turn of phrase and your ability to get to the heart of the matter. Every word rings out—a true conviction. You remind me of my grandmother Penelope. When grandpa died the minister came to call. He asked if grandpa had any last words. Grandmother Penelope replied, "Of course not. I was with him to the end."

Get it?—HOUSTON HANK

Dear Hank: Yeh, I got it. Right between the eyes. And now, as usual, I'll have the last word. See you tomorrow, Buster.

How far should a teenage couple go? Can necking be safe? When does it become too hot to handle? Send for Ann Landers' booklet, "Necking and Petting—What Are the Limits?" Mail your request to Ann Landers in care of the Press-Herald enclosing 50 cents in coin and a long, stamped, self-addressed envelope. Ann Landers will be glad to help you with your problems. Send them to her in care of the Press-Herald, enclosing a self-addressed, stamped envelope.

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**AT CAMPOUT . . .** Susan Utley, 14-year-old member of Girl Scout Troop 7712 of Torrance, demonstrates her skills over a campfire to (from left) Jim Giacalone, president of the Torrance Kiwanis Club; Jack Brooks, Kiwanis youth camp coordinator; and Ed D'Anna, industrial relations manager for Union Carbide Corp. here.

The demonstration took place last weekend during a Girl Scout camp at the Union Carbide campsite, jointly developed by the Kiwanis club and the firm. More than 350 Girl Scouts participated in the program, which is a preliminary campout in preparation for a trip to the Mojave Desert. (Press-Herald Photo)

## Lincoln School Youths Stage Own Revolution

Eighth grade students at Lincoln Elementary School have decided to revolt. Only it's not the school administration they are rebelling against—it's England.

Members of Mrs. Rose Peters social studies class came to their decision during a mock Continental Congress held as part of their study of the Revolutionary War.

**REPRESENTATIVES** of the 13 colonies argued the pros and cons of declaring independence during a session conducted by "John Hancock."

And their arguments were convincing. "Take the argument of Virginia, for instance. 'England has cut off our trade. She makes us sell our goods to her. We could make more money if we sold our tobacco directly to France,' the representative argued.

Or Pennsylvania. 'The French people are mad at England. They'll help us.'

Mrs. David Hall of Torrance was general chairman of the dinner, which raised funds for the South Bay Regional Fair Housing Coalition.

Singer Madell Haley, accompanied by Sara Amberg, and dancers of the Filipino Youth United provided entertainment.

The Rev. Mr. Phillip Peace of the Community Methodist Church of El Segundo gave the invocation. Closing words were offered by the Rev. Richard Seebode, minister emeritus, Pacific Unitarian Church.

Girls beautifully dressed in gowns and semi-formals and boys decked in formal attire danced to the music of Joey Page and his orchestra and the "Inkeepers," a rock 'n roll band.

The dance was a tremendous success and special thanks are due to Tom Sommers and Mr. Lockner, activities director, for organizing the big event.

**ANOTHER** first at THS! Recently a press conference with Dr. Carl Ahee, principal, and four high school journalists was conducted. The Panelists involved were Barbara Moffitt and Ken Brown, co-editors of the Torrance News Torch; John Roberts, and this reporter.

Questions were concerned with open campus, minority studies programs, construction of the gym, and the athletic program (specifically the THS surfing team). This conference was designed to widen understanding between students and administration and answer questions which are on students' minds. Future plans include more press conferences of the same kind.

### Conference Set

Miss Carol Bradford and Miss Sylvette Batandig, English teachers at North High School, will represent Torrance Unified School District at a conference to be held by the California Association of Teachers of English Feb. 21-23 in Los Angeles.

## City Kite Contest Under Way

It's kite flying time again and the Torrance Recreation Department is ready to help residents "go fly a kite."

A citywide kite-making contest being held at all supervised parks and playgrounds this month.

All kite-making material will be furnished free of cost to participants.

Saturday, March 1, the annual Citywide Kite Contest will be held at Victor Park, 4727 Emerald St., beginning at 1 p.m.

Awards will be presented for the best decorated kite, highest flying, most unusual, and the largest and smallest kites.

## North High Honors 19 Students

Dr. Herman Ohme, principal of North High School, has announced that 19 Saxons have been selected semifinalists in the State Scholarship program.

Students qualify for this program by receiving a minimum score of 992 on their Scholastic Aptitude exams.

They are William Alpenfels, Spencer Brown, Milbrun Caparino, Valerie Crawford, Michael Davis, Janice Derouen, Haskial Hasson, Bradley Hubbard, Timothy Hudson, Kathleen Laughlin, Monika Mikula, Alan Miwa, Michael Nelson, James Oliver, Dale Preston, Roger Schroeder, Nathan Ucuozoglu, Christine Vandegrift, and Donald Waller.

State scholarships may be used for payment of college tuition and fees. Students who have exceptional ability and achievement and who are in need of financial assistance to attend college receive the grant.

## Count Marco Take Out Some Man Insurance

Are you pouting over some thoughtless remark your beast made—whether he intended to insult you or not? This business of family vendettas is not only silly, it's dangerous.

How often, when someone near to you has died, do you mean, "If only I had told him what angered me and talked it out. Why did he have to die while we weren't speaking?"

There you go again, blaming the other person, never yourself. Who wasn't speaking to whom?

One traveling husband told me he has found the perfect answer to a wife whose pouting forces him out of town on a business trip. "Always take out a travel policy, for as large an amount as you can, and put her name in as beneficiary," he advises. Then have the policy mailed to her.

"When you come home, you'll find your glamor gal waiting at the airport with adoration in her eyes and a passionate welcome-home kiss for you."

No wonder—if she prefers a live man to an insurance income. She's just been reminded once again that next time he might not come home at all.

Flight insurance is fine if your husband is just going on a plane trip. But you can't get flight insurance to cover his disappearance with a more loving woman. No insurance company in its right mind would issue such a policy, particularly if the policy writer got a good look at you early in the morning. If it turns his stomach, how much more must it nauseate the man who has to look at this mess every day?

Your best insurance against his permanent departure is the formula used by most successful wives: Be out of bed at least a half hour before he starts calling for his coffee, and have that coffee ready. Better yet, take him his first cup as he rouses, to help him get out of the bed on the right side. Before his eyes are open, have

your hair combed, a touch of make-up on, and your most attractive robe or housedress buttoned, zipped, belted and smoothly covering your curves. When you do have to call him to start his busy day, put a smile on your face.

Have his clothing, wallet and papers or tools he will need to take with him ready and a complete set of clean underwear and socks laid out for him to leap into.

By the time he's dressed and ready for food, have the table neatly set (don't forget the salt and pepper), and his newspaper laid out beside his plate.

As he mutters and growls his way through breakfast, sit quietly across from him, where he can glance up to see your happy, smiling, pretty face and adoring expression. That makes starting the day a pleasure instead of a nightmare.

You will be "writing" up your own anti-flight insurance.

## A Letter . . . To My Son

By Tom Rische

High School Teacher and Youth Worker

Dear Bruce,

Living today is almost like riding a rocket that is picking up speed.

One major problem is that adults really haven't time to figure out answers to the questions kids ask. Change is everywhere, so that the world is like that described by Charles Dickens in "A Tale of Two Cities":

"It was the best of times, it was the worst of times  
"It was the age of wisdom, it was the age of foolishness;

"It was the epoch of belief, it was the epoch of incredulity;

"It was the season of Light, it was the season of Darkness;

"It was the spring of hope, it was the winter of despair;

"We had everything before us, we had nothing before us;

"We were all going direct to Heaven, we were all going direct the other way."

This is a contradictory time, in many ways a revolutionary time like that described by Dickens. Although we are more affluent than any other nation at any other time in history, we find that we aren't as happy about it as we used to think we would be.

Although American boys are suffering and dying in Vietnam, life at home goes on better than ever before. We are trying to solve the problems of other nations when many of our own people are rioting.

While factories create goods to make our lives easier, they are creating wastes which may kill us all eventually; autos widen our horizons, although eventually their wastes and numbers may prevent us from going anywhere at all.

America's first order of business is solving its own problems.

No wonder kids are confused.

YOUR DAD

## Former Sports Editor Gets Radio Assignment

The appointment of Gregg L. Peterson, former Press-Herald sports editor, as executive news producer for KNX Newsradio, has been announced by Jim Zaillian, news director of KNX.

In making the announcement, Zaillian said, "This is a well-deserved promotion for Peterson, and gives to KNX Newsradio a

supervisor with tremendous background in radio, newspapers and wire services. Peterson's attention to detail, his dedication to responsible reporting and his ability to work with others will all serve KNX extremely well."

Peterson moves up from the post of assignment editor to his new position, where he will serve directly under Zaillian. He came to KNX early last year from KABC where he had been assignment editor. In addition to his work with the Press-Herald, Peterson has been a staff correspondent for United Press International and a stringer for Time Magazine.

Peterson, a graduate of the University of Southern California, was editor-in-chief of the Daily Trojan. He also served as editor of the El Camino Junior College newspaper while attending school there.

His most recent professional honor came when he received the coveted "Golden Mike" from the Radio-Television News Association for excellence in news writing.

California-born Peterson and his wife, Patricia, live in Torrance with their two sons, Gregg and Andrew.

### Joins Singers

Steven Dale Fisher, son of Mr. and Mrs. Anthony Fisher of 21613 Ocean Ave., is one of the 97 students who are members of the Chapman College Choir. Fisher, a freshman music major, accompanied the choir on a tour of Northern California last week.

## Florence Orchestra To Appear

The Orchestra Michelangelo di Firenze will appear in concert at 8:30 p.m. tomorrow in the El Camino College auditorium as part of the college's Masters of Music series.

An outgrowth of Italy's famed string quartet, the Societa Cameristica Italiana, the orchestra was created to bring to an orchestra of classical proportions the ensemble perfection found in great string quartets.

The core of the Michelangelo orchestra is the parent string quartet consisting of violinists Enzo Porta and Umberto Olivetti, violist Emilio Poggioni and violoncellist Italo Gomez. The remaining members of the orchestra come from some of the most gifted orchestral musicians of central Italy.

During this tour, their second of North America, the featured soloist will be pianist Gisella Belgeri.

Tickets for this concert, the third of six in ECC's Masters of Music series are on sale at the college bookstore.



**VICTORIOUS . . .** Three Torrance shuffleboard enthusiasts brought trophies back from the recent Western Shuffleboard Association tournament hosted this year in Downey. Proudly displaying their prizes are (from left) Gunnar C. Halquist, Myrtle Turner and Frank Jarrett. Halquist won third place in the men's division, Mrs. Turner won fourth place in the ladies' division, and Jarrett, 82, the oldest contestant, was fourth in the men's division. More than 180 senior citizens from California, Arizona and Colorado entered the competition. The winners practice every day at the Albert Bartlett Adult Center at Cravens and Post avenues. Local adults are invited to play shuffleboard at the center daily from 9 to 5 p.m. (Press-Herald Photo)